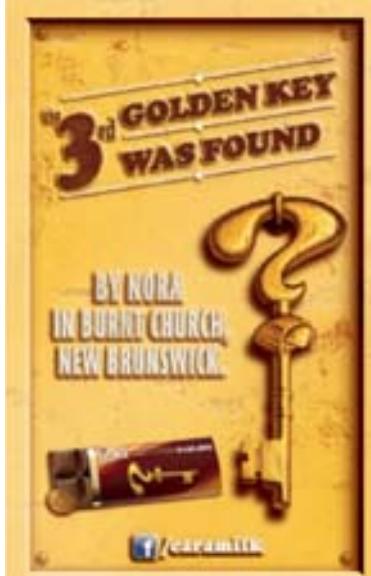


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{page 10}



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NATHAN DENETTE/THE CANADIAN PRESS

Ailing Jack to take leave of absence

► Outpouring of support from political foes, general public for NDP leader ► Party to appoint interim leader on Thursday

Only three months after riding Jack Layton's personal popularity to a historic electoral breakthrough, New Democrats are confronting the tragic possibility that they'll have to soldier on without their charismatic leader.

A frail, raspy-voiced Layton, who has been battling prostate cancer and a recent hip fracture, announced yesterday that he's been diagnosed with a new form of cancer.

The 61-year-old said he's taking a temporary leave of absence in order to "focus on treatment and recovery." Layton would not reveal what kind of cancer he has or what treatment he is undergoing. But he struck a resolutely optimistic tone, saying he expects to be back in the House of Commons on Sept. 19.

"I'm going to fight this cancer now so I can be back to fight for

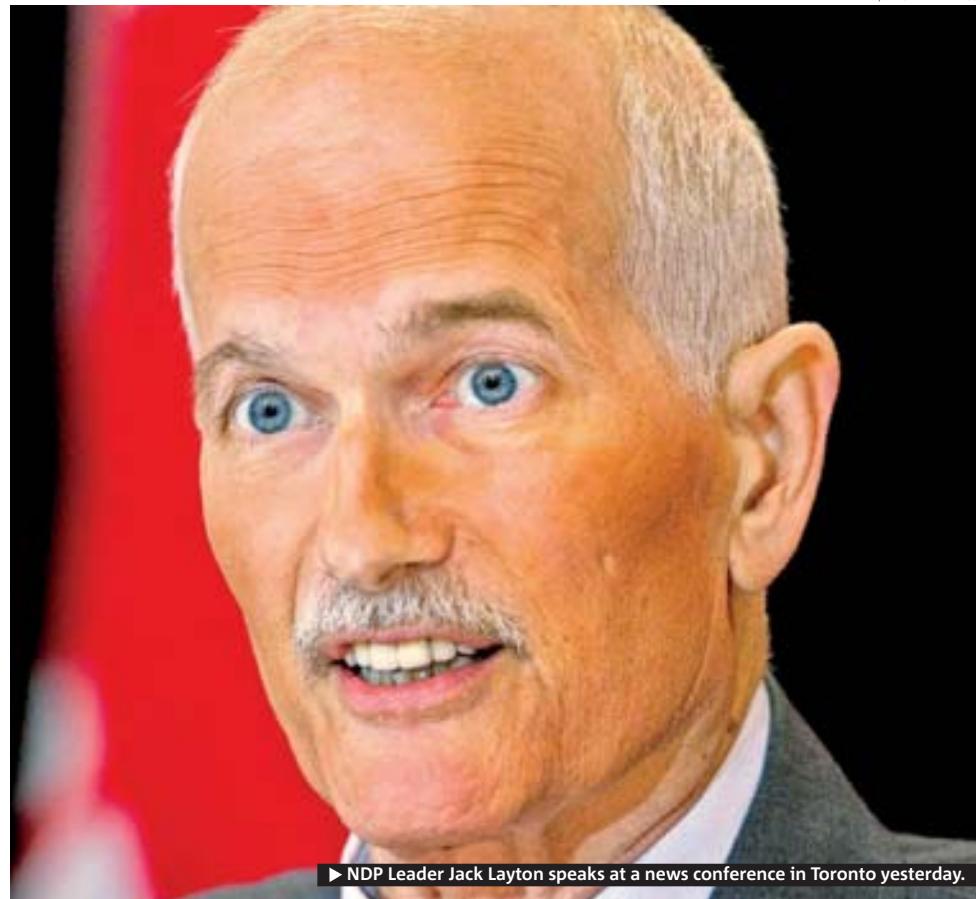
"If I have tried to bring anything to federal politics, it is the idea that hope and optimism should be at their heart."

JACK LAYTON

families when Parliament resumes," he told a surprise news conference in Toronto.

Privately, NDP insiders were shocked by Layton's appearance and how much he's deteriorated since his last public appearance on July 3. The once trim, athletic leader was gaunt and pale, his voice weak and hoarse.

His Ottawa staffers were informed of the announcement at a meeting 15 minutes before the news conference. Initially, one insider said staffers were pleased to hear that Layton — who cam-



► NDP Leader Jack Layton speaks at a news conference in Toronto yesterday.

pained vigorously with a cane during the spring election just weeks after undergoing hip surgery — was finally taking time to take care

of his health.

But as they watched the televised news conference, the insider said: "You could see hearts sinking

in the room because the visual was very hard." THE CANADIAN PRESS

More coverage {page 6}

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Calgary film hub gets \$10M

Calgary is now one step closer to becoming a competitive location for film and television production after council voted yesterday to dole out \$10 million in funding.

The Alberta Creative Hub, a project spearheaded by Calgary Economic Development, will be a multipurpose facility, which will include sound stages and production studios. "The support of Calgary city council through the Cultural Space Investment Process highlights the city's ongoing commitment to arts and culture spaces," says Bruce Graham, president & CEO of Calgary Economic Development in a release.

• KATIE TURNER

Library site still in question

A press release sent out prematurely by city officials last night left aldermen shaking their heads as they left council chambers.

At 8:40 p.m., while council was still in camera, a city release was sent out indicating the East Village had been approved for the new central library. However, after council emerged from closed doors, it became clear the site has not yet been officially approved.

Council will reconvene at 1 p.m. today to discuss the new library site.

• KATIE TURNER



Community association wants cans out of alleys

► Renfrew looks to avoid dumping of garbage cans ► Plastic-bag-style recycling encouraged, as is donating cans to charities or bottle depot



TODD
VAUGHAN

CALGARY@METRONEWS.CA

New measures are being taken by a Calgary community association to curb alleyway rummaging by homeless people.

The Renfrew Community Association is encouraging residents to avoid putting recyclable bottles and cans in the curbside blue bins, and has been running a monthly bottle drive to keep recyclables out of the alleyways, said

an association representative.

The Renfrew area spokesperson, who didn't want to be named, said the decision was made on the advice of the Calgary Police.

Residents aren't convinced it's a solution.

"I don't think it's going to stop them," said Renfrew resident Anne Piskolti, who donates her cans.

Around \$500 per month is collected during these drives, and half goes to the Drop-In Centre, according

Drop-in centre

► The Drop-in centre said that donations go to paying services such as cable TV.

► They encourage clients to

to the community association representative.

Police spokesperson Kevin Brookwell said it's not an issue of denying the cans to rummagers, but that bins were being dumped out to get to the recyclables.

seek out their own incomes including Can-collecting

► Renfrew community centre has received no complaints regarding their bottle drives

"To discourage the rummaging and dumping of bins, we suggest that if you don't want to take them to a bottle depot or donate them, put the recyclables in a plastic bag and place them beside your bins," he said.



AP's Seoul bureau chief provides a rare glimpse at daily life in North Korea. Scan code for story.

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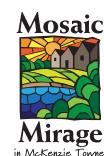
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Norway suspect ordered held

► Breivik threatens more violence ► Judge orders him to solitary confinement ► Thousands lay flowers in Oslo

The self-described perpetrator of Norway's deadly bombing and shooting rampage was ordered held in isolation at a hearing yesterday after calmly telling the court that two other groups of allies stand ready to join his murderous campaign.

Anders Behring Breivik has admitted bombing Norway's capital and opening fire on a political youth group retreat on an island near the capital. He told authorities he expects to spend the rest of his life in prison. Saying he wanted to save Europe from Muslim immigration, he entered a plea of not guilty that will guarantee



► Anders Behring Breivik

him future court hearings and opportunities to address the public, even indirectly.

Police believe Breivik acted alone, despite his grand claims in a 1,500-

page manifesto that he belonged to a modern group of crusaders. But they have not completely ruled out that he had accomplices.

Judge Kim Heger ordered Breivik held for eight weeks, including four in isolation.

Norway has been stunned by the attacks and riveted by Breivik's strange writings. Hundreds of reporters and locals thronged the courthouse ahead of his first court appearance yesterday, hoping to get their first glimpse of the man blamed for the deaths of 76 people — lowered yesterday from 93.

THE ASSOCIATED PRESS



► A woman mourns as an estimated 100,000 people gather in Oslo town centre yesterday for a vigil following Friday's twin extremist attacks. Mourners laid thousands of flowers around the city.

Attacks a concern for London 2012 Olympics

IOC president Jacques Rogge is confident police intelligence work will help avert any attack on the London Olympics similar to the bombing and shooting massacre in Norway.

Rogge said British security officials will have taken into account the type of attacks that shook Norway on Friday.

British Olympics Minister Hugh Robertson said the U.K. had already prepared for attacks by "lone wolves" but would re-examine its security plans in the wake of the twin attacks.

"Clearly, where there are lessons to be learned from Norway, we will learn them," he said.

THE ASSOCIATED PRESS

URGENT: Famine in Africa



World Vision

Millions face starvation. Canadian government will match your donation to help children and families.

Deadly hunger is sweeping through Somalia, where the United Nations has declared a famine. Children are dying as it spreads into Kenya and Ethiopia.

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The Canadian government will make an equivalent contribution from its East Africa Drought Fund. Your gift of \$50 will provide \$100 of life-saving food for desperate children and families. \$100 provides \$200 of food. Please respond now.

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06

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TUESDAY, JULY 26, 2011

NATHAN DENETTE/THE CANADIAN PRESS



► NDP Leader Jack Layton and his wife, MP Olivia Chow, at a news conference in Toronto yesterday.

Canadians rally around Layton

► Politics forgotten as NDP leader's announcement brings support from colleagues of all parties

Canadians set aside politics yesterday and stood in solidarity with NDP Leader Jack Layton, who announced he's leaving the job temporarily to fight an unexpected new cancer.

Layton had previously gone public with his struggle against prostate cancer, but his wan face, thin body and raspy voice at a Toronto news conference announcing his latest diagnosis triggered an emotional torrent of support as the depth of this illness became obvious to all.

“My heart breaks for Jack Layton and his family today. Bless his heart for maintaining such high

spirits in the face of this terrible illness,” said a tweet from a woman identifying herself as Lauren Gilhooley.

Her comment, one of thousands on Twitter, was matched on Layton's Facebook page, where hundreds of Canadians rushed to offer comforting words.

Prime Minister Stephen Harper, who sparred tartly with Layton in the recent election campaign, said he was “deeply saddened today to hear that Jack Layton is temporarily leaving his post as leader of Her Majesty's Official Opposition and leader of the New Democratic Party.” **THE CANADIAN PRESS**

Layton recommends leader

Jack Layton has endorsed an interim leadership replacement because she's experienced, bilingual and, most importantly, she will not rock the boat.

The New Democrat leader recommended rookie Quebec MP Nycole Turmel as the temporary party leader while he un-

dergoes cancer treatment.

The former leader of the Public Service Alliance of Canada has only sat in Parliament for less than three months; but she does have years of experience working with the federal government.

Layton says Turmel is an experienced national

leader who has already earned the unanimous support of her colleagues in becoming the party's national caucus chair.

NDP president Brian Topp says the party expects to appoint an interim leader by Thursday afternoon.

THE CANADIAN PRESS

DAVE CHIDLEY/THE CANADIAN PRESS



► An employee holds a BlackBerry Playbook tablet at the Research in Motion annual meeting.

RIM to downsize global workforce

► Canadian tech firm to release new BlackBerrys in '12

Research In Motion will cut 2,000 jobs, or about 11 per cent of its global workforce, this year to reduce costs in the competitive smartphone and tablet markets, in which consumers are increasingly turning to Apple and Android products.

The BlackBerry maker provided the details yesterday, about a month after announcing it would reduce its workforce after it had lower BlackBerry smartphone sales in the recent financial quarter.

"The workforce reduction is believed to be a prudent and necessary step for the long-term success of the company," RIM said in a statement.

"It follows an extended period of rapid growth within the company whereby the workforce had nearly quadrupled in the last five years alone."

In trading on the Toron-

to Stock Exchange, RIM's shares were down \$1.28, or 4.8 per cent, at \$25.19.

RIM, based in Waterloo, Ont., has about 19,000 employees. RIM is facing a host of competition in the smartphone market from Apple's iPhone and smartphones using Google's Android operating system.

Its PlayBook tablet, which met expectations of selling 500,000 in the recent quarter, has received lukewarm reviews compared with Apple's iPad.

"If they want to be a top-three or top-five smart-

phone player, then they have to much more aggressively spend money in the consumer market," said analyst Alkesh Shah of Evercore Partners.

"They have to create a differentiated consumer message," Shah said.

There aren't enough reasons for consumers to buy a BlackBerry smartphone or tablet over Apple or Android products, he said, suggesting RIM could promote its security feature, valued by business users, to a consumer audience.

THE CANADIAN PRESS

Market moment



APPROXIMATE AS OF 4:00 P.M. EST, JULY 25, 2011

said yesterday.

Officials couldn't do anything about the other three stores — which displayed Apple signs and logos — because they did not find any fake Apple products for sale, a local newspaper reported.

The investigation follows a blog post last week by a U.S. woman living in Kunming in Yunnan province, who stumbled across three shops

masquerading as Apple stores in the city. She took photos and posted them on her BirdAbroad blog.

She said they were modelled on the company's iconic stores right down to the winding staircase and the staff uniform of blue T-shirts.

The Kunming Trade and Industry Bureau inspected more than 300 electronics stores.

THE ASSOCIATED PRESS

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ROTTEN APPLES

Fake Apple shops busted

Chinese officials found five fake Apple stores and ordered two of them to suspend business while they're investigated, a local government website

TABLE FOR TWO, PLEASE ... NON-CHILDREN

SHE SAYS ...

JESSICA NAPIER
METRO



Earlier this month, I read a news story about a Pennsylvania restaurant owner who has decided to ban children under the age of six at his establishment. While outraged parents condemned the restaurant for discriminating against their brood, some clientele welcomed the new policy, breathing a heavy sigh of relief knowing that their next \$30 entrée wouldn't be served up with a side of screaming toddler.

Misbehaved children, and their seemingly oblivious guardians, can reduce a pleasant dining experience to an evening of exasperated eye-rolling. There have been plenty of times that I've given up on dessert or another glass of wine in order to get away from the piercing sound of a four-year-old in the middle of a temper tantrum.

"Irresponsible parents and their squealing spawn should be banished to family-friendly restaurants that provide crayons with their kids' menu. Sure, the food at these playground snack bars isn't exactly top-notch, but you have to sacrifice a little if you want arcade games as an appetizer."

kids' menu. Sure, the food at these playground snack bars isn't exactly top-notch, but you have to sacrifice a little if you want arcade games as an appetizer.

But while misbehaved tots can be a serious annoyance, I've seen plenty of adults over the years who are just as bad, if not worse, when it comes to mealtime manners.

Grown-ups should know better but often they don't. They snap their fingers at the serving staff, request so many modifications they might as well eat at home and linger at the table while a lineup stretches out the door. Of course, the worst restaurant-goers are those who insist on conducting obnoxious cellphone conversations mid-meal with no regard for their dinner date or the increasingly annoyed patrons around them. The loudmouth suit screaming into his BlackBerry is just as disruptive as the little ones shrieking over their vegetables. Small children may not be ideal dinner companions, but there are also plenty of adults out there who could use a crash course in dining etiquette.

Read more of Jessica Napier's columns at metronews.ca/shesays



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Worth Mentioning

HAPPY MEALS. Emotions can be modified by the intake of food even when people don't taste the food or realize they are receiving nutrients, new research indicates. Participants in a study were blinded as to the nature of an intragastric infusion, and had 40-minute fMRI neurologic scans as they provided responses about their mood, fullness, hunger or nausea.

Sad or neutral emotions were induced with music played through headphones and with images of facial expressions depicting either sad or neutral emotions back-projected onto a screen.

Hunger scores rose during sad emotion and decreased during neutral emotion conditions. The effect of a sad mood was weakened by fatty acid.

"The novelty lies in the fact that it's purely subliminal or what we call unconscious brain signalling happening here," said lead author Dr. Lukas Van Oudenhove.

"Something I like about this study is that it starts from the body, from the stomach, and it goes to the brain," said Dr. Giovanni Cizza.

THE CANADIAN PRESS

Cartoon by Michael de Adder



WEIRD NEWS

This is how you end up waking up in Vegas

One day in the spring of 1979, Arthur Gerald Jones, a well-connected Chicago financier and father of three, left his posh home to run an errand and vanished, never to return.

Despite the FBI's best efforts to figure out what happened to the powerful commodity trader, no trace was ever found of Jones. In 1986, an Illinois court declared him dead, and social security paid \$47,000 in survivor

benefits to his wife and children.

But late last week, the shroud of mystery enveloping the 32-year-old case was suddenly pulled back when Jones, now 72, was discovered living in Las Vegas, where he has been working as a bookie at a casino.

According to a court affidavit, Jones told a special investigator with the Social Security Administration that he had a seat on the Chicago Board of Trade as a commodities trader, but was forced to sell his seat to pay off a debt incurred when he made a trading error. He lost his job in the process and, fearing what investigators have speculated may have been relations with the Chicago mafia, Jones decided to leave his wife of 17 years and family.

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A career in high gear

After finding success on TV's *The Wire*, Idris Elba launches his career with a slew of new movies that have a comic book theme. Metro caught up with the rising star at Comic-Con



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MWN IN HOLLYWOOD

Between last year's *The Losers*, this year's *Thor* and next year's *Ghost Rider: Spirit of Vengeance*, British actor Idris Elba seems to have a thing for comic book adaptations.

But there's still one superhero that's eluded him: *Avengers* member Luke Cage. Not that he's complaining, mind you.

Between two Emmy nominations, Ridley Scott's upcoming *Alien* prequel, *Prometheus*, and Guillermo del Toro's *Pacific Rim*, which starts shooting in October, the former *Wire* star has plenty to keep him busy.

Metro caught up with Elba in the middle of the Comic-Con madness for a status update.

What are you most excited to see or do while at Comic-Con? Dude, I don't get to do anything. I do like seeing the audience react to what we've got to show them for *Ghost Rider*, because I just saw it and it's phenomenal.

You've been doing very well with comic book movies lately.

Well, two films, two characters, really. And the *Losers* as well.

I thought that film was good. It had a lot of opportunity to be better — not better but more well re-



► Actors Idris Elba and Nicolas Cage speak at a *Ghost Rider: Spirit of Vengeance* panel during Comic-Con 2011 in San Diego last week.

ceived. It didn't quite do it, but I liked the film. I thought it was well directed. Sylvain White did that, and he's great.

Speaking of comic book characters, you've mentioned wanting to play Luke Cage in a film.

I'd like having a shot at that. But listen, we need to know there's an appetite for that. I need the audi-

ences that like Luke Cage to come up and say they want to see a Luke Cage film with me in it.

I'm part of the Marvel family, and I think now they might be aware that there's this little appetite to do it, but at the same time, I'm also part of the *Thor* story, so we'll see.

What can you tell us about *Prometheus*?

I have to say, it's an enormous film — enormously rich in its depth, its complexity. The filmmaking is second to none.

It's none other than the great Ridley Scott, and there are some really good actors in it. I can say this: The wait for Ridley to return to a film like that is definitely going to be rewarded with something exciting

You've had a few roles now for which people recognize you. What comes up most?

The Wire, mainly. It was my first American calling card. But now *Luther* is starting to, and then *Heimdall* [in *Thor*], believe it or not. A lot of people are actually like that. It's a tiny part in that film — huge film, tiny part, but it definitely has resonated with some people.

New album



After more than four years, Leslie Feist is finally ready to release a new album. The eight-time Juno winner has announced that her fourth full-length, *Metals*, will be released on Oct. 4. The 12-song album was recorded with usual collaborators Chilly Gonzales and Mocky.

The 35-year-old's last album, 2007's *The Reminder*, was a breakthrough hit, reaching platinum certification in Canada and going gold in the U.S.

THE CANADIAN PRESS

DVD Releases

Buy it **Rent it** **Borrow it** **Yawn** **Don't bother**



Source Code

Genre: Sci-fi
Director: Duncan Jones
Stars: Jake Gyllenhaal, Michelle Monaghan

Source Code's almost risible collision of the bogus science and cranial confusion recalls *Groundhog Day*, *Inception* and *Avatar*. It also shares the isolation and alienation found in *Moon*, director Duncan Jones' heralded debut.

Continually returning to its opening scene, the

film has Jake Gyllenhaal chatting up Michelle Monaghan on a Chicago commuter train, in a situation meant to remind us of *Strangers on a Train*. It's more schlock than *Hitchcock*, but here's where good casting and a little patience pay off.

Gyllenhaal is U.S. army Capt. Colter Stevens, a decorated helicopter pilot who awakens to find himself part of a science experiment.

The science is sketchy,

to say the least. Jones allows Jeffrey Wright, as the *Source Code* project head, to ham it up with a wacky professor turn.

Better that Jones should concentrate on the performances, and he gets three fine ones from Gyllenhaal, Monaghan and Farmiga, who invest a good deal of emotion into a farcical situation.

If all else fails, it's a decent thriller at a brisk 93 minutes, including all the repeats. PETER HOWELL



Now out of *The Office*, Steve Carell cranks up movie career with type of film he loves.



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Cause of death unknown after Winehouse autopsy

► Family visits memorial outside home ► Spokesperson says funeral will be held today

An autopsy on singer Amy Winehouse Monday failed to determine what killed the 27-year-old star, leaving fans and family with a weeks-long wait for the results of toxicology tests.

Winehouse's devastated parents visited mourners outside her north London home to thank them for their support.

The singer, who had struggled with drug and alcohol abuse for years, was found dead Saturday at home by a member of her security team, who called an ambulance. It arrived too late to save her.

The Metropolitan Police said Monday that a foren-



► Janis, the mother of Amy Winehouse, is comforted as she weeps while looking at flowers left by mourners outside Winehouse's home in Camden Square in London yesterday.

sic post mortem "did not establish a formal cause of death and we await the results of further toxicology tests." Those are expected

to take two to four weeks. An inquest into the singer's death was opened and adjourned at London's St. Pancras Coroner's

Court. During the two-minute hearing, an official read out the name, birth date and address of Winehouse, described as "a divorced lady living at Camden Square NW1."

"She was a singer songwriter at the time of her death and was identified by her family here at St. Pancras this morning," said coroner's officer Sharon Duff.

Duff said the scene of Winehouse's death "was investigated by police and determined non-suspicious."

In Britain, inquests are held to establish the facts whenever someone dies vi-

olently or in unexplained circumstances. Assistant Deputy Coroner Suzanne Greenaway said Winehouse's inquest would resume on Oct. 26.

The singer's father, mother and brother visited her home yesterday, stopping to inspect the mounds of bouquets, candles and handwritten notes across the road from the Victorian house.

Her father, Mitch Winehouse, thanked mourners for their tributes.

"I can't tell you what this means to us — it really is making this a lot easier for us," he said.

THE ASSOCIATED PRESS

Celebrity Tweets



"You know you're dedicated to hooker-pop when your bruises and cuts are shaped like fishnets"
 @ladygaga



"Hey rest of the United States, gay marriage is like color tv - eventually everybody was gonna get it"
 @billmaher



"If Voldemort is such a powerful wizard, why can't he conjure up a new nose?"
 @ConanOBrien

Will the show go on for Glee leads?

While Glee boss Ryan Murphy recently said stars Lea Michele, Cory Monteith and Emmy nominee Chris Colfer would be leaving the show after next season, that may not actually be the case. "Here's the exact thing: [The characters] are seniors, so they're graduating," executive

producer Brad Falchuk told the audience at the show's Comic-Con panel, according to TV Line. "But because they're graduating doesn't mean they're leaving the show. If you have Lea Michele under contract, you don't say, 'We're gonna let you go.'"

► METRO



► Cory Monteith and Lea Michele

A rowdy night out for Lindsay

Lindsay Lohan seems to be slipping back into bad habits, if a night out in Hollywood is any indication. The troubled starlet hit up a friend's birthday, showing up sober and only ordering



► Anna Paquin

juice from the waitstaff, but by the end of the night "she could barely stand," an eyewitness tells Radar Online. The source says Lohan was sneaking gulps of other people's drinks while passing them on and tak-

ing shots of vodka on the sly. Lohan was later spotted holding onto curtains for support and screaming into her cell phone before she left the club around 2 a.m. "When she got to her Escalade she just collapsed into it," the source says. Lohan, who is still on probation, is legally allowed to drink.

► METRO

True Blood star Anna Paquin admits being married to co-star Stephen Moyer makes filming intimate scenes easier.

"Maybe it should be weird, simulating sex

with your husband in front of people? But it's really not," Paquin tells V Magazine.

"When it's a love scene with someone you actually love, there's no feeling like, 'Can I touch him here? Can I touch him there?' You know what your boundaries are — or what they aren't, I suppose."

► METRO

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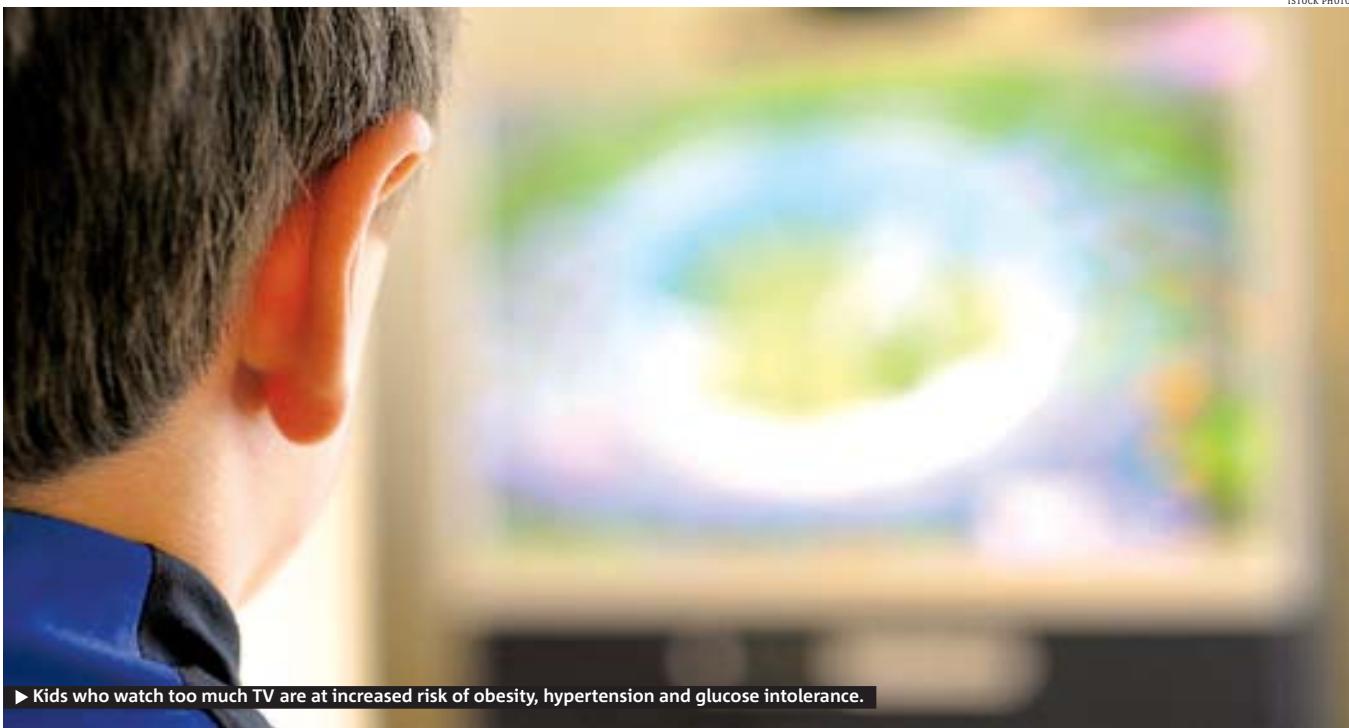
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True passion on True Blood

True Blood star Anna Paquin admits being married to co-star Stephen Moyer makes filming intimate scenes easier.

True Blood star Anna Paquin admits being married to co-star Stephen Moyer makes filming intimate scenes easier.

True Blood star Anna Paquin admits being married to co-star Stephen Moyer makes filming intimate scenes easier.



► Kids who watch too much TV are at increased risk of obesity, hypertension and glucose intolerance.

Turn off and tune in

► Children who take in high amounts of television are at heightened risk of chronic disease

 **CELIA MILNE**
LIFE@METRONEWS.CA

Peel those kids away from the TV this summer.

A study conducted at Queen's University in Kingston, Ont., has found that children and adolescents who watched more than four hours per day of TV were 2.5 times more likely to have heightened risks for chronic disease than those who watched

less than an hour per day.

The study was looking for cardio-metabolic risk factors, which are signals that the body could be heading in the direction of heart disease and type 2 diabetes.

These included obesity, hypertension, fats in the blood and glucose intolerance.

"These risk factors are becoming more prevalent in children and adolescents," says Valerie Carson,

a PhD student in the school of kinesiology and health studies, who was lead author on the paper.

"This particular study found the most significant health risk at greater than four hours per day (of TV). This is concerning because these risk factors can track from childhood to adulthood," she adds.

Carson and her supervisor Ian Janssen, associate professor in the school of kinesiology and health

studies at Queen's, took into account age, gender, ethnicity, socioeconomic status, physical activity levels and diet, and still drew the same conclusion.

"Even if children and adolescents are active, if they engaged in high daily TV use, they may still have cardio-metabolic risk factors," says Carson.

For the study, she and Dr. Janssen studied the habits of 2,527 children and adolescents who were

enrolled in the National Health and Nutrition Examination Surveys (NHANES).

TV is really quite wicked: other studies have found excessive screen time is linked to increased violence, negative self-image, and higher amounts of smoking, drinking and drug use.

Carson's article was published recently in the journal BMC Public Health.

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Earache can be side-effect of summer splash season; preventing swimmer's ear

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Hi Charles:

I am planning a summer party and I'm inviting most of my family. One of my cousins, however, is married to a guy I can't stand. If I am hosting and paying for this party, may I invite my cousin and ask her not to bring her husband? Patsyb

Dear Patsyb:

I fully understand your feelings. We've all been in your shoes! I think this is the real problem... if you don't invite your cousin's husband, you will do more damage and create more of a scene than if you do invite him.

You risk really offending

your cousin and you will put her in a very awkward position. Ask yourself: what is she supposed to tell her husband about why he can't come to your party?

It's not fair that your cousin be placed in that position. You have two choices: invite the cousin with her husband or don't invite

either of them. If you're a good sport, you will invite them both and find someone you can invite to keep the pesky husband occupied in conversation so he leaves you all alone!

CHARLES WOULD LOVE TO HEAR YOUR QUESTIONS. EMAIL HIM AT
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Date Night, Celebrity Edition

GETTY IMAGES



► Tracy Moore

CityLine host Tracy Moore's fave date night ideas

"Lio (my husband) and I love to eat, and he's very much a foodie. So our perfect date night out would be going to a really great restaurant to spend several hours pouring over the appetizers, wine, entrées, dessert, cheese plate —

everything! And there'd be a lot of talking because we're both very big talkers. But another great date is just staying in: putting our son, Sidney, to bed, popping in a movie and eating junk food in front of the TV. Those are both perfect nights in their own way!"

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GETTY IMAGES



Juno Award-winner Keshia Chanté loves her a dinner date

"My perfect date would definitely have to be dinner, because I love food, especially pasta. (Laughs).

But it would really be about the conversation — I love to debate! And I love to think about different issues in the world, like politics and stuff like that. So it definitely has to be really great conversation over dinner.

"Or it might be like an art gallery or movie — it's pretty basic, but it really comes down to the person."

Mandy Moore's perfect date night

The chanteuse spills on her favourite way to spend a night in with her hubby.

"Just because it's a date, I don't think you have to go all out with something extravagant or expensive.

"I'm actually learning how to cook at the moment. My guy (husband and rocker Ryan Adams) is a much better cook than I am. So it would be fun to learn how to cook one of his favourite dishes and then make it for him.

"You know, this is sounding like a really good idea — I think I might have to do this on the weekend!"

GETTY IMAGES



► Mandy Moore

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BE A FAST FOLLOWER

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LESLEY SCORGIE
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It's tempting to buy the latest gadget the moment it hits the market. But, being an early adopter is expensive. I recommend taking the "fast follower" approach, which means waiting to buy until after the initial product hype clears, prices decrease, and the next generation of technology offers greater value for the same price.

There are three products to avoid buying brand new or upon their launch; cars, computers and electronics.

New cars depreciate between 15 and 20 per cent in the first year of ownership. So, forget buying new and save thousands by picking up a one- or two-year-old car with low mileage at a lower

price. For an even deeper discount, buy a three or four year lease return. These have to pass high inspection standards when they're returned and they can often be purchased for less than 50 per cent of the original purchase price.

These days computers aren't optional. But unless you require video stream or high-end design functionality, you can get by with a machine that is a couple of years old. Consider a scaled down version or buying when there are sales.

First generation tablets and phones are expensive when launched. Shortly after their release, prices drop and much better second generation versions appear.

Video games, consoles, televisions, cameras and other electronics are priced at a premium. Wait to buy or scope out an online deal.

Being a fast follower saves you big bucks. Plus, you'll still get great products!

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

For new parents, here's the bottom line. If you don't get serious about saving for post-second

ary studies, that cooing little bundle is almost certainly going to be severely burdened by student debt.

If current trends continue, a four-year degree is likely to cost \$80,000 for live-at-home students by 2025 and \$125,000 for those away from home.

The good news is that new parents are putting aside those education pennies. Across Canada, nearly 90 per cent of those with young children have started saving, according to the TD Canada Trust 2011 Education and Finances Survey.

Thinking ahead

Do you have an RESP for your child?

- 89% of parents under 35
- 60% of parents age 45-54

The goal for those with younger children should be to get the maximum Canada Education Savings Grant of 20 per cent on the first \$2,500 annually per child contributed to an RESP (Registered Education Savings Plan). That's a little over \$200 monthly. Even if you just invest the money in GICs and bonds you'll have about \$40,000 after 10 years and nearly \$90,000 after 18.

For parents of teens, education financing is a big stress point. TD's survey discovered that more than 85 per cent of parents (at least in Ontario) with kids under 18 don't expect to be able to pay the shot for



► Alison's money rule: Whether you have a baby or a teen, it's never too early or late to start saving for education.

their children's education.

Interestingly, fewer of those parents expect their children to help pay for their own education, 31 per cent down from 39 per cent last year. The decline may have to do with the difficulty in finding summer jobs.

My daughter, a student chef, has only managed irregular shifts so far this summer at two different restaurants.

Parents with teens, and little in the way of savings, might consider postponing

education. A couple of years of living at home and working, even at a minimum wage job, could easily mean the difference between a decade of debt and a nearly debt-free degree.

Working roughly 35 hours a week at minimum wage will bring in about \$20,000 annually. Saving 75 per cent of that over two years is \$30,000. For a live-at-home student-to-be, that money, along with RESP savings, will go a long way to reducing student debt.

POP QUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

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Column: *Negative news provides a drag on the market.*

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NFL season a go as players accept offer

Now it can be said with certainty: Get ready for some football!

NFL players voted to OK a final deal yesterday, days after the owners approved a tentative agreement, and the sides finally managed to put an end to the 4½-month lockout.

"This is a long time coming, and football's back," NFL commissioner Roger Goodell said, "and that's the great news for everybody."

At a joint appearance outside NFL Players Association headquarters in Washington, Goodell and NFLPA head DeMaurice Smith were flanked by some of the owners and players who were involved in the talks. They spoke shortly after the NFLPA executive board and 32 team reps voted unanimously to approve the terms of a deal.

"We didn't get everything that either side wanted ... but we did arrive at a deal that we think is fair and balanced," Smith said.

Owners overwhelmingly approved a proposal Thursday, but some unresolved issues still needed to be reviewed to satisfy players.

The sides worked through the weekend and wrapped up the details yesterday morning on a final pact that runs for 10 years, without an opt-out clause, a person familiar with the deal told the AP on condition of anonymity.

Owners can point to victories, such as gaining a higher percentage of all revenue, one of the central issues — they get 53 per cent, the players get 47 per cent. The old deal was closer to 50-50. There's also a system that will rein in spending on first-round draft picks.

Players, meanwhile, persuaded teams to commit to spending nearly all of their salary cap space in cash and won changes to practice rules that should make the game safer.

THE ASSOCIATED PRESS



LARRY MACDOUGAL/THE CANADIAN PRESS

Burris forecasts greatness for Stamps

► QB upbeat after 2-2 start to the season and loss to Edmonton

Calgary Stampeders quarterback Henry Burris took to Twitter in the wake of Saturday's disappointing home loss to the Edmonton Eskimos, reassuring anyone who would listen that his team will turn things around.

"We will be a great team this year! Mark my word!" Burris tweeted Sunday morning, a night after the Stampeders dropped a 24-19 decision to the Eskimos.

His tune was unchanged yesterday as Calgary (2-2) looks to regroup heading into a Week 5 clash with Saskatchewan.

"I said it on Twitter and I'll say it again," Burris said. "We will be a great team before the season's over. We're building to make that happen now."

Stampeders receiver Nik Lewis echoed the veteran pivot, adding the team has the confidence to get back on track this

"It's such a long season. At some point we're going to hit that surge and it's going to carry us for a long time."

HENRY BURRIS

Saturday in Regina against the Roughriders (1-3).

"My biggest thing is staying positive, because if you don't stay positive then this is going to carry over and you're going to stop working as hard," Lewis said. "So, stay positive, keep working hard and hey, we're going to keep grinding it out."

Defensive back Brandon Smith could only watch as Edmonton receiver Fred Stamps got behind him on two occasions for a pair of touchdown grabs. He said the Stampeders haven't lost any of their confidence because of the setback.

"We're still mentally and physically in it," he said. "It's fixable. All the problems that happened are on film and are fixable. We

haven't lost any faith or any confidence or anything like that. We're just going to go back and get back to it and move on."

Calgary coach and general manager John Hufnagel said he wasn't surprised the players' reaction.

"We're a 2-2 team," he said. "We're in second place in the West with a lot of season ahead of us. If they have lost their confidence after four games of the season after being 2-2, I would be disappointed in them."

The Stampeders will have to bounce back against the Riders without the services of all-star linebacker Juwan Simpson, who went down with a knee injury against the Eskimos.

"He'll be out for a couple

weeks at least," said Hufnagel, who referred to the injury as a strain.

Robert McCune will replace Simpson in the starting lineup, while Akwasi Antwi will serve as his backup.

Another concern for Calgary is the kicking game. With Rob Maver already out of the lineup with a torn quad muscle, Rene Paredes struggled against Edmonton, missing field goals from 39 and 35 yards out.

"He had a rough ending to the game, but like I said before I was disappointed in both areas of our kicking," said Hufnagel, who wasn't impressed with how punter Burke Dales performed either. "We need to improve."

As for the possibility of bringing back former Calgary kicker Sandro DeAngelis into the fold, Hufnagel said he has no such plans.

THE CANADIAN PRESS

4
sports

Quoted



"I think we did a great job of protecting the players that are currently playing and to preserve the game for the players to come and to protect the work that had been done by those who came before us."

BUFFALO BILLS SAFETY

GEORGE WILSON AFTER

YESTERDAY'S

ANNOUNCEMENT THAT THE NFL AND ITS PLAYERS HAD COME TO AN AGREEMENT TO END THE LOCKOUT.



Scan code for more sports news.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	62	37	.626	—
New York	60	40	.592	2½
Tampa Bay	53	47	.530	9½
Toronto	51	51	.500	12½
Baltimore	40	58	.408	21½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	54	48	.529	—
Cleveland	52	48	.520	1
Chicago	50	51	.495	3½
Minnesota	47	55	.461	7
Kansas City	42	59	.416	11½

WEST DIVISION

	W	L	Pct	GB
Texas	59	44	.573	—
Los Angeles	55	48	.534	4
Oakland	44	57	.436	14
Seattle	43	59	.422	15½

Last night's results

Chicago White Sox 6 Detroit 3
Texas 20 Minnesota 6
Cleveland 3 L.A. Angels 2
N.Y. Yankees 10 Seattle 3
Kansas City at Boston
Tampa Bay at Oakland
Sunday's results
Toronto 3 Texas 0
Chicago White Sox 4 Cleveland 2
Tampa Bay 5 Kansas City 0
L.A. Angels 9 Baltimore 3
N.Y. Yankees 7 Oakland 5
Boston 12 Seattle 8
Detroit 5 Minnesota 2
Tonight's games
All times Eastern
L.A. Angels (Weaver 13-4) at Cleveland (Tomlin 11-4), 7:05 p.m.
Seattle (Fister 3-11) at N.Y. Yankees (Sabathia 14-5), 7:05 p.m.
Baltimore (Arrieta 9-7) at Toronto (Morow 7-0), 7:07 p.m.
Kansas City (Duffy 2-4) at Boston (A. Miller 4-1), 7:10 p.m.
Minnesota (Pavano 6-7) at Texas (C. Wilson 10-4), 8:05 p.m.
Detroit (Verlander 13-5) at Chicago White Sox (Peavy 4-4), 8:10 p.m.
Tampa Bay (Price 9-8) at Oakland (McCarthy 2-5), 8:10 p.m.

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Bautista	321	76	106	31	70	.330
Molina	104	14	34	2	9	.315
Thames	143	26	44	4	19	.308
Escobar	357	55	109	9	38	.305
Lind	303	42	88	18	56	.290
Encarnacion	284	38	74	7	25	.261
Patterson	313	44	79	6	33	.252
Davis	294	40	70	1	27	.238
McCoy	77	11	18	1	5	.234
Snider	159	18	37	3	30	.233
Hill	323	31	73	4	37	.226
McDonald	139	16	31	2	16	.223
Arenac	277	32	59	15	42	.213
PITCHERS	W	L	SV	IP	SO	ERA
McCoy	0	0	10	0	0.00	
Rzepczynski	2	3	0	391	.33	2.97
Frasier	2	1	0	42	.31	2.98
Janssen	3	0	1	282	.27	3.14
Romero	7	9	0	134	.22	3.27
Villanueva	5	2	0	90	.61	3.40
Dotel	2	1	1	291	.30	3.68
Rauch	4	3	7	412	.29	3.89
Morrow	7	4	0	1012	.117	4.44
Cecil	3	4	0	571	.42	4.71
Camp	1	1	1	431	.19	4.78
Francisco	1	4	10	282	.35	5.34

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	64	37	.634	—
Atlanta	59	44	.537	6
New York	51	51	.500	13½
Washington	49	52	.485	15
Florida	49	53	.480	15½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	53	47	.530	9½
Milwaukee	54	49	.524	½
Cincinnati	50	52	.490	4
Chicago	42	60	.412	12
Houston	33	69	.324	21

WEST DIVISION

	W	L	Pct	GB
San Francisco	59	43	.578	—
Arizona	55	47	.539	4
Colorado	48	54	.471	11
Los Angeles	45	56	.446	13½
San Diego	45	58	.437	14½

Yesterday's results

San Diego 5 Philadelphia 4
N.Y. Mets 4 Cincinnati 2
Pittsburgh 3 Atlanta 1
Houston at St. Louis
Colorado at L.A. Dodgers
Sunday's results
San Francisco 2 Milwaukee 1
Florida 5 N.Y. Mets 4
Cincinnati 4 Atlanta 3
Arizona 7 Colorado 0
Philadelphia 5 San Diego 3
Pittsburgh 4 St. Louis 3 (10 inn.)
Chicago Cubs 5 Houston 4 (10 inn.)
L.A. Dodgers 3 Washington 1
Tonight's games
All times Eastern
Florida (Nolasco 6-7) at Washington (Zimmermann 6-8), 7:05 p.m.
Seattle (Fister 3-11) at N.Y. Yankees (Sabathia 14-5), 7:05 p.m.
Baltimore (Arrieta 9-7) at Toronto (Morow 7-0), 7:07 p.m.
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Tampa Bay (Price 9-8) at Oakland (McCarthy 2-5), 8:10 p.m.
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Boston

Crossword

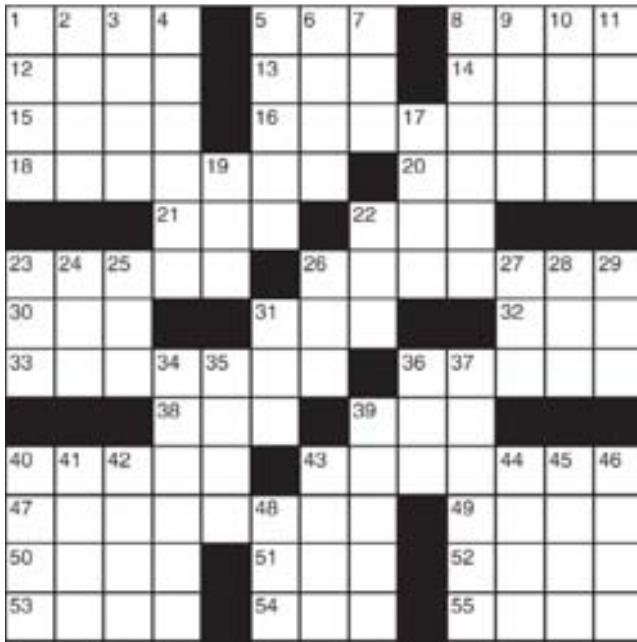
Across

1 Take to the pool
5 Bookkeeper (Abbr.)
8 Harvest
12 Houston acronym
13 Talk on and on
14 Being (Lat.)
15 Without doing anything
16 Slapstick missile
18 Mouth, slangily
20 Queenly
21 First lady?
22 Overweight
23 Andean pack animal
26 Sink a putt
30 A billion years
31 Peace, to Caesar
32 Lingerie item
33 Where oaters take place
36 Make like Manet
38 Wall climber
39 — Solo
40 Sierra —
43 "The Great Gatsby" locale

47 Chocolate syrup + milk + seltzer
49 Perjurer
50 Strong wind
51 Khan title
52 Therefore
53 Praiseful works
54 Sawbuck
55 Stench

Down

1 Quick cut
2 Dry streambed
3 Capri or Wight
4 Needless violence
5 Recurring sequence



of events 25 Pismire
6 Remove rind 26 Chapeau
7 Gorilla 27 Sapporo sash
8 Couch potato's device 28 Coffee vessel
9 Catch sight of 29 Make lace
10 Largest continent 31 Freudian subj.
11 See 6-Down 34 Recoils
17 Sea that's really a 35 Always
lake 36 — de deux
19 Eggs 37 Rack component
22 "The Simpsons" 39 Macho type
network 40 Building block
23 Zodiac cat name
24 Brock of baseball 41 "Zounds!"
lore 42 Look at lustfully
43 Carry on



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope



Aries March 21-April 20 You have been expecting too much from a relationship. Focus on what you have in common, not on what divides you.

Taurus April 21-May 21 Set yourself a reasonable work schedule and make sure you stick to it.

Gemini May 22-June 21

There is no need to change your life in any radical way.

Cancer June 22-July 22 Never forget that the best way to change the world is to change yourself first.

Leo July 23-Aug. 23 Don't worry if you are not in the most sociable of moods today because you have important things to think about.

Virgo Aug. 24- Sept. 22 Look out for your own interests today.

Libra Sept. 23-Oct. 23 If there is something you have overlooked, or ignored, you will have to face up to it and deal with it today.

Aquarius Jan. 21-Feb. 18 Life will be a breeze today.

Pisces Feb. 19-March 20. Generally steer clear of events over

which you have no control, but today you will go out of your way to take risks. Maybe tomorrow you'll regret it but your hunches are often right.

Scorpio Oct. 24-Nov. 22 It's time for a reality check.

Sagittarius Nov. 23-Dec. 21

Why are you clinging on to some-

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

[Yesterday's answer](#)



A look at the weather

TODAY **WEDNESDAY** **THURSDAY**

Min 13° Max 20° Min 11° Max 18° Min 11° Max 24°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



Caption contest

JEAN-CHRISTOPHE BOTT / THE ASSOCIATED PRESS



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Genius FEP
Every day is a new day - what color to wear - each 1 has a bit of u - hurt, smile, excitement, some have a shine 2. which jewel to wear - each 1 has a tinkling sound reminds me of u - music - na, hurts my ears, bring a tear down - grocery/roads/my broken shoes (u owe me 3 btw - white, gold, black size 8.5) where shd i run babes? healing ..slowly i am babes i am. i kno i thing - no one would have ever loved u so much as i did, nieth ma nor m. why? Have a good day gorgeous!

FROM PINK PETAL

You have been my best friend

No matter what!!!! You taught me how to live....i was simply breathing in a dark hole before u came.

FROM BUNNY

BLOWOUT PRICING

2010 mazda 3 sedan GS WITH COMFORT PACKAGE

FEATURING:

Air Conditioning
Power Windows/Power Doors
Alloy Wheels
Cruise Control
Dynamic Stability
Traction Control
ABS
Remote Trunk/
Remote Fuel Door Release
Keyless Entry
Auxiliary Output for iPod
8 Way Adjustable Drivers Seat
Moon Roof
Tilt/Telescopic Steering
Bluetooth
Auto Rain Sensing Wipers
Auto Headlights
Split Folding Rear Seats



#D4550AB00

**BELOW INVOICE,
DRIVE away PRICING \$18,988**
plus tax

2010 mazda 3 SPORT



#D55480AB00

FEATURING:

Automatic
Air Conditioning
Power Windows/Power Doors
Alloy Wheels
Cruise Control
Dynamic Stability
Traction Control
ABS
Remote Trunk

Remote Fuel Door Release
Keyless Entry
Auxiliary Output for iPod
8 Way Adjustable Drivers Seat
Moon Roof
Tilt/Telescopic Steering
Bluetooth
Auto Rain Sensing Wipers
Auto Headlights
Split Folding Rear Seats

BELOW INVOICE, DRIVE away PRICING

\$21,488
plus tax

2010 mazda TRIBUTE GT



#WKT270AA00

FEATURING:

Air Conditioning
Power Windows/Doors
Tire Pressure Monitor
Alloy Wheels
Cruise Control
Dynamic Stability
ABS
All Wheel Drive

V6 Engine
Full Leather
Keyless Entry
Auxiliary Input for iPod
Power 8 Way Adjustable Drivers
Seat
Moon Roof
Auto Headlights
Split Folding Rear Seats

BELOW INVOICE, DRIVE away PRICING

\$29,888
plus tax

Freight/PDI, block heater & locking wheel
nuts all included.

*See dealer for details.

**Vehicle may not be exactly as shown.

Your Centrally Located Mazda Dealer
North Hill MAZDA

276-5962 • 1211 Centre St. N. • www.northhillmazda.com

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